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Destructive obesity

Introduction

Obesity is a deadly condition. It occurs when one has high consumption of sodium, sugars and fats and does a low amount of physical activity. When this happens, the sugar, sodium and fat is stored as fat and is more firm and solid on the body. This means it is harder to burn and get rid of from your digestive system.

Obesity Rate

The obesity rate worldwide has been on the increase. The rate has increased by three percent from eight percent in 2006 to eleven percent in 2014. Fifteen percent of Maori children are obese and so are thirty percent of Pasifika children. Obesity has more than doubled since 1980 from 1.9 million to over 800 million.

Remedies

Most remedies are drugs that are prescribed by doctors but some drugs can be deadly poisonous for your body. However there are many more cures that are natural and better for your body such as having a low fat dairy diet. People should also eat foods high in protein like chicken, celery, beans and peas.

Obesity Effects

Obesity affects your health negatively and invites new conditions such as asthma, sleep apnoea, heart disease and cancer. Obesity can also slow the blood circulating around your body.

Other Interesting Facts

Those who do not eat breakfast have a twenty one percent higher chance of developing obesity than those who do. There are also more people suffering from obesity than hunger and malnutrition.

Conclusion

Obesity is an important issue because it is causing millions of deaths each year and it costs the taxpayer who has to help fund the resources to deal with the issue.